

**Amendments to the Claims:**

The listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. (original) A castor comprising a fork having a pair of lobes between which extends a transverse axle carrying at least one wheel rotatable thereon, and an upright member to which may be connected a frame or chassis of a load bearing object such as a trolley; characterized by at least one journal bearing disposed to provide rotation about an upright axis between the fork and said frame or chassis.
2. (original) A castor according to Claim 1, wherein the fork is freely rotatable on the first bearing with respect to a first member connected to the fork; the first member is freely rotatable on a second bearing with respect to a second member connected to the first member; the second member being adapted for connection to a frame or chassis of a load bearing object such as a trolley.
3. (original) A castor according to Claim 2, wherein the first and second bearings are on aligned axes.
4. (currently amended) A castor according to Claim 1, including three or more roller or ball bearings.
5. (currently amended) A castor according to Claim 2, wherein the first bearing is a thrust bearing.
6. (currently amended) A castor according to Claim 2, wherein the first bearing is a journal bearing.
7. (currently amended) A castor according to Claim 2, wherein the second bearing is a journal bearing.

8. (currently amended) A castor according to Claim 2, wherein the second member is welded to the frame or chassis.

9. (currently amended) A castor according to Claim 2, wherein the fork, first member and second member are held in aligned assembly by a single central bolt or rivet.

10. (currently amended) A castor according to Claim 2, wherein the first member includes a rotational bearing axially aligned with the axis of rotation of said first member.

11. (currently amended) A castor according to Claim 2, wherein the second member comprises a pair of axially aligned rotational bearings, each being axially aligned with the second member.

12. (original) A castor according to Claim 9, wherein the single central bolt or rivet is independently rotatable with respect to the fork and the second member.